White Cross League.

The Testimony of Medical Men.

No. VI.

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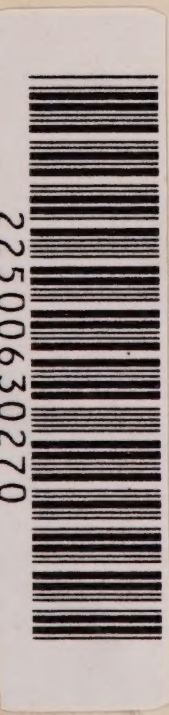

OBJECTS.

PROMOTING—

I.—Purity among Men.

II.—A Chivalrous Respect for Womanhood.

III.—The Preservation of the Young from Contamination.

IV.—Rescue Work.

V.—A Higher Tone of Public Opinion.

All men who approve of the above objects should take their part in helping to carry them out.

Full particulars of the Society's work and methods may be had from the Secretary.

Funds are greatly needed to extend the work.

REASONS FOR JOINING THE SOCIETY.

Because **I AM A CHRISTIAN,** and because the sins against which this Society is contending are a hateful offence against the purity and holiness of Him by Whose Name I am called, and Who died for me.

Because **I AM A MAN,** and therefore bound to help all women, as being weaker than I am, and to save them from degradation; bound, above all, not to make them the victims of my passions.

Because the evil is organised, and can only be met by counter organisation.

White Cross League.

PAPERS FOR MEN.

No. VI.

THE TESTIMONY OF MEDICAL MEN.

BY

ARTHUR T. BARNETT.

64th THOUSAND.

PRINTED FOR THE

WHITE CROSS LEAGUE,

7, Dean's Yard, Westminster Abbey.

1911.

Price 1*d.*

LIST OF AUTHORITIES QUOTED.

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"Chastity is the conservation of life, and the consecration of its forces to the highest use. Sensuality is the waste of life, and the degradation of its forces to pleasure divorced from use."

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THE TESTIMONY OF MEDICAL MEN.

By Arthur T. Barnett.

IN collecting the materials for this paper, an attempt has been made to show, from the writings of eminent medical men—

(i.) That serious harm is done by allowing boys to grow up without any definite warning against impurity, since in boyhood the foundation of much of the social evil is laid.

(ii.) That continence is in no way injurious to health, and that recommendations to impurity are, from a scientific point of view, unjustifiable.

(iii.) That self-control is comparatively easy for those who have kept themselves pure during boyhood.

(iv.) That the cases quoted to show that vice is a necessity, only prove how imperious may become the claims of this, as of any other habit, when once men have become its slaves.

It should be borne in mind that this

medical evidence has been brought forward to help the many thousands of men who, in their best moments at least, wish to live a Christian life, and who, nevertheless, have an idea that on this question the moral and the physical law are in conflict. There are other men, of course, who are impatient of any law, human or Divine, which interferes with their notions of enjoyment; such men this paper can hardly be expected to touch.

The number of extracts might, of course, have been greatly multiplied, had it been thought advisable to do so.

No argument is more often used to defend a life of vice than that which rests on the "necessity" of sin; there is none which tends more to make those who are struggling to do right give up the battle in despair. It seems, therefore, all-important to make it clear that the so-called "necessity" is only a necessity parallel to that which confronts a drunkard, who finds it almost impossible (unless by outside aid) to break through the chains that years of indulgence have wound about him; and in realizing this fact, workers for purity will strain every nerve to keep the young from those first beginnings of evil, which, if yielded to, *do*, to a great extent, make vice *seem* a "necessity."

It will, perhaps, appear to some men, when they turn to their own experience, that (whatever may be said to the contrary) continence is injurious to health. The evidence given below goes to show that restraint is harmless to those who are anxious to be pure, and who are willing to use all the helps at their command to keep themselves from sin. The man who contents himself with refraining from immoral *acts*, while putting no restraint upon impure thoughts and the indulgence of sensual excitement, can hardly wonder if he misses the reward which comes to the really chaste.

As Mr. Acton says, "No man or woman can indiscriminately indulge their own sexual passions without running the risk of finding a disposition to gratify their sexual passions at an early age inherited by their offspring."

Yet human nature is not a "fixed quantity," but something which varies infinitely in different men, and which may be lifted, altered, and transformed by the influences which are brought to bear upon it; and we are further told that such modifications for good as we may be able to effect in our own lives will be handed on to our descendants,

making it for them "easier to do right, and harder to do wrong."

If it is true that, through heredity, vice may become almost natural to some, it is equally true that, through heredity, self-restraint may become natural to the children of those who have kept their bodies in subjection.

(I.) **"That serious harm is done by allowing boys to grow up without any definite warning against impurity, since in boyhood the foundation of much of the social evil is laid."**

WILLIAM ACTON (THE LATE), M.R.C.S., *Surgeon to the Islington Dispensary, and formerly Externe to the Venereal Hospitals, Paris; F.R. Med. and Chir. Society, &c.*

"I have said that it is my deliberate opinion that in many cases it would be true wisdom and true kindness for a parent, openly and in plain language, to lay before a boy the full extent of his danger, and that the consequences of yielding on his part would be most lamentable."

ALFRED CARPENTER (THE LATE), M.D., M.R.C.P.; *Formerly President of the Council of the British*

Medical Association, Examiner in State Medicine for Univ. of London and Cambridge; J.P. Surrey, &c.—"The Principles and Practices of School Hygiene," p. 107.

"Evil habits are learned most certainly in very early life, and vicious practices will not be so likely to be indulged in after fourteen if they have not been learned before."

F. Le Gros Clark (The Late), F.R.S. *Consulting Surgeon of St. Thomas's Hospital, and late President of the Royal College of Surgeons.*—"The Physical Consequences, Personal and Social, of Impurity." (A Paper read before the C.E.P.S., November 5th, 1885, p. 6.)

"Reticence on this subject is a cruel denial of the just claim of a child on his parent; for it is idle to suppose that he will not be subjected to temptation by his own nascent passions; or that he can escape pollution in the midst of many where one so disposed can, and generally will, corrupt others. . . . We must not despise the day of small things, or forget that the boy is father of the man, and that the precocious indulgence of boyhood may, for obvious reasons, ripen into the ungovernable passion of manhood, and thus become responsible for the support of prostitution."

CLEMENT DUKES, M.D., M.R.C.P., *Physician to Rugby School, &c.*—"The Preservation of Health, as it is affected by Personal Habits, such as Cleanliness, Temperance, &c." (Printed for private circulation.)

"I believe that the reason of the existence of so much incontinence and prostitution in the world is largely owing to this vice of masturbation in the young" (p. 150). . . . "I believe that it is this commencement of evil which leads to so much debauchery after school-life is over" (p. 155).

"Parents must begin to teach their children the value of purity of life before they ever part with them. Only to begin when they are young men and women is about as useless as to try to get on and stop an express train when it is going at full speed. It cannot be done" (p. 162).

A. M. EDGE, M.D., B.Sc., M.R.C.P. Lond., M.R.C.S. Eng., *Physician to the Salford Royal Hospital, and to the Manchester Southern Hospital.*—"Self-Control," p. 6.

"But the boy, or the young man, is beset with peculiar temptations, which in themselves are sufficiently strong, but which are rendered still more so by the poisonous advice which he too often receives from others a little older than himself, and by the

absence of any wise counsel from his parents, his clergyman, or his medical adviser, which might serve to counteract the poison."

G. M. HUMPHREY, M.D., Cantab., F.R.C.S., *Prof. of Surgery, and late Prof. of Anatomy at the University of Cambridge.* In "Holmes' System of Surgery," p. 603.

"It would be a very good thing if those who have charge of boys were less scrupulous in giving warning upon this matter. Much trouble and anxiety might be spared by timely advice, seriously and kindly given. . . . An extensive acquaintance, through years, with those who have just come from our schools, has impressed the importance of this matter upon me."

C. G. WHEELHOUSE, F.R.C.S., Eng., *Representative on General Medical Council, Consulting Surgeon to the General Infirmary at Leeds, late Member of Council of R.C.S. Eng., and President of the Council of Brit. Med. Association.* "Social Purity." (Paper read before the Ripon Diocesan Conference, 1885, p. 5.)

"To us medical men, especially to those of us who have lived so long and have seen much of the severer evils of the social world, the story is one of almost everyday experience. Thus health is destroyed or broken, the physical strength and bodily vigour is

thus so sapped and undermined as to reduce it to a condition of disease or of premature senility; and the almost invariable confession is that all has come from the one evil habit —the habit of solitary sin, learned and contracted at school, and not discontinued even in later and more mature years, until at last it has become the one absorbing and uncontrollable passion of life."

T. S. CLOUSTON, M.D., *Lecturer to Students on Mental Diseases, Edinburgh University.*

It is in my judgment not only right, but requisite, that young men entering on the threshold of manhood should calmly and earnestly direct their attention to certain facts about the reproduction of the species and the relation of the sexes, and come to right conclusions about them. No right conclusion worth the name is ever come to without first getting at the facts, and science alone can enable us to do so. . . . . Surely for the youth of to-day, who is to be the teacher and exemplar of manhood to-morrow, this method of looking at one of the most subtle and intense influences of human life is of high importance.

(II.) "That continence is in no way injurious to health, and that recommendations to impurity are, from a scientific point of view, unjustifiable."

WILLIAM ACTON (THE LATE), M.R.C.S., *Surgeon to the Islington Dispensary, and formerly Externe to the Venereal Hospitals, Paris, F.R. Med. and Chir. Society, &c.*

"The argument in favour of incontinence deserves special notice, as it purports to be founded on physiology. I have been consulted by persons who feared, or who professed to fear, that if the organs were not regularly exercised they would become atrophied, or that in some way impotence might be the result of chastity. This is the assigned reason for committing fornication. There exists no greater error than this, or one more opposed to physiological truth. In the first place, I may state that I have, after many years' experience, never seen an instance of atrophy to the generative organs from this cause. I have, indeed, met with the complaint: but in what class of cases does it occur? It arises in all instances from the exactly opposite cause—early abuse; the organs become worn out, and hence atrophy arises."

SIR T. C. ALLBUTT, K.C.B., M.D. Cantab., D.Sc., F.R.S., *Regius Professor of Physics, Cambridge.*

"**Continence, so far from being harmful, is not harmful at any age**: and in adolescence and early adult life it is physically and mentally economical. Growth both of body and brain have then to be provided for, and the energies directed to their enlargement and development, not to wasteful expenditure."

JOHN KELLOCK BARTON (THE LATE), M.D., *F. and Ex-President R.C.S.I.; Senior Surgeon of the Adelaide Hospital, Dublin: formerly Univ. Lecturer on Comparative Anatomy.* "Address to D. Univ. P. Assoc.," p. 17.

"Continence is possible, and not only compatible with but conducive to health. The experience of many will prove both these assertions; but I go further, and I maintain that continence is the only healthy and normal state in youth, and that, when maturity has been reached, those who have led a continent youth will be able to bear the trials of life and undergo its work far better than those who have not; while they will transmit to their descendants a stronger constitution than will those who have spent their early and immature powers in a way

Nature did not intend, and thereby enfeebled their whole system."

LIONEL S. BEALE (THE LATE), F.R.S., F.R.C.P., *Professor of the Principles and Practice of Medicine in King's College, London.* "Our Morality and the Moral Question."

"I would remark here that, notwithstanding very strong assertions to the contrary, and by authorities who profess to have thoroughly studied the question, no sufficient valid objections have been established, upon reasonable grounds, or upon facts of physiology and health, to living, nay, to passing the whole life, in a state of celibacy" (p. 40).

"The argument that, if marriage cannot, for various reasons, be carried out, it is, nevertheless, necessary, upon physiological grounds, that a substitute of some kind should be found is altogether erroneous and without foundation. It cannot be too distinctly stated that the strictest temperance and purity is as much in accordance with physiological as moral law, and that the yielding to desire, appetite, and passion is no more to be justified upon physiological or physical than upon moral or religious grounds" (p. 47).

T. KING CHAMBERS (THE LATE), M.D. Oxon., F.R.C.P. Lond., *Member of the General Medical Council, Senior Consulting Physician at St. Mary's Hospital.* A Letter. See "Medical Opinions" (2nd Edition). Published by S.P.A., p. 8.

"As to the harmlessness of chastity to any man or woman, at any time of life, as far as bodily health or powers are concerned, it seems so much a platitude that I could not sit down and deliberately write especially about it."

F. LE GROS CLARK (THE LATE), F.R.S., *Consulting Surgeon of St. Thomas's Hospital, and late President of the Royal College of Surgeons.* "The Physical Consequences, Personal and Social, of Impurity." (A Paper read before the C.E.P.S., November 5th, 1885, p. 8.)

"Here, however, I must first say a few words respecting a preliminary hindrance to chastity which has been suggested by some persons, who allege that sexual intercourse for man is essential to the preservation of health. This assertion I emphatically deny; but it may be profitable to consider this apology for vice a little more in detail. Setting aside the plain fact, that such a natural law would be antagonistic to God's Word, I would appeal to physiology and experience in confuting this opinion."

CLEMENT DUKES, M.D., M.R.C.P., *Physician to Rugby School, &c.* "The Preservation of Health, as it is affected by Personal Habits, such as Cleanliness, Temperance, &c." (Printed for private circulation.)

"It is a frequent observation instilled into the young at all ages, 'I am told it is very bad for me to be continent; my health will suffer from it.' No greater lie was ever invented. It is simply a base invention to cover sin, and has no foundation in fact" (p. 158).

A. M. EDGE, M.D., B.Sc., M.R.C.P. Lond., M.R.C.S. Eng., *Physician to the Salford Royal Hospital and to the Manchester Southern Hospital.* "Self-Control," p. 15.

"Do not, therefore, I beg you, give any credence to those who tell you that continence will cause the loss of power in the sexual organs, so that when you marry you will be unable to properly fulfil the duties of the married state. This is simply a lie. Perfect chastity before marriage is not only an unmixed advantage to a man, but his children will be more numerous and more healthy."

G. M. HUMPHREY, M.D. Cantab., F.R.C.S., *Professor of Surgery and late Professor of Anatomy at the University of Cambridge.* In "Holmes' System of Surgery," p. 603.

"There are no organs so much under control as those of generation. Their functions are neither directly nor indirectly in the least essential to life—scarcely even to the well-being of the body. The functions of the testicle, like those of the mammary gland and the uterus, may be suspended for a long period—possibly for life; and yet its structure may be sound, and capable of being roused into activity. In this respect, its qualities peculiarly adapt it for subserviency to man's moral nature."

J. J. NASON, M.B. Lond., M.R.C.S. Eng., J.P., *Surgeon to the Stratford-upon-Avon Hospital and the Nursing Home and Children's Hospital.* "Presidential Address at the Annual Meeting of the Birmingham and Midlands Branch of the Brit. Med. Association, 1884," p. 23.

"We must strongly urge that, in order to secure vigour and healthy development in early youth, the reproductive organs must be kept in a state of quiescence; and that under no conceivable circumstances can we regard illicit intercourse at a later period of life as anything less than an unmitigated evil."

SIR JAMES PAGET, Bart. (THE LATE), D.C., L.L.D., F.R.S., F.R.C.S., &c., *Sergeant-Surgeon Extraordinary to H.M. Queen Victoria, Consulting*

Surgeon to St. Bartholomew's Hospital, &c. "Clinical Lectures and Essays." Second Edition, p. 293.

"Many of your patients will ask you about sexual intercourse, and expect you to prescribe fornication. I would just as soon prescribe theft or lying or anything else that God has forbidden. If men will practice fornication or uncleanness, it must be of their own choice, and on their sole responsibility. . . . Chastity does no harm to mind or body; its discipline is excellent. Marriage can be safely waited for, and among the many nervous and hypochondriacal patients who have talked to me about fornication, I have never heard one say that he was better or happier for it."

EDMUND A. PARKES (THE LATE), M.D., F.R.S., *Professor of Military Hygiene in the Army Medical School, &c.* "Manual of Practical Hygiene." Fourth Edition, p. 468.

"I do not for a moment share the opinions of those who look on prostitution not only as a necessity, but as a good—as a shield against worst vices, and as a guard of married virtue. One feels instinctively that such arguments, however plausible at first sight, are untrue; in fact, they do not bear investigation."

SIR DYCE DUCKWORTH, M.D., LL.D., *Physician and Lecturer, St. Bartholomew's Hospital, Hon. Physician to H.M. the King, Treasurer and Representative on the General Medical Council of the Royal College of Physicians, &c., &c.*
Speech at Westminster Town Hall, June 5th, 1901.

"We have heard that it is a common idea that it is impossible to reach the age of maturity without giving full vent to the passions which naturally arise in the human body, and that so common is this course, so intensely tempting is this course, and so seductive and overpowering is this course, that a great many find it impossible to resist it, and so it is given way to.

"It is also said that it is unnatural not to give way to it, because what are the various organs in the body given to us for if not to be used and to perform the functions and carry out the duties for which they are ordained? That looks very specious, and seems at first sight a measure of philosophy very attractive to the selfish and the indulgent, and the foul-minded.

"Let me tell you from the aspect of physiology and good medicine that that is a mistake and an error, and that it is not necessary for any young man to use those organs which perform these functions in the

same way, and with the same activity as the organs that perform the other functions that go on in the body. That may be a very remarkable statement to make, but it is based on the principle of true physiology, and upon past experience of those principles. The sexual organs can lie dormant for years, can be left alone, out of consideration, and forgotten, so to speak, until the time comes for matrimony, as it should come and may be expected to come to every young man. In due time these organs will be fully qualified to perform the functions required of them. They will be found in no degree whatever impaired, but ready to do all they are called upon to do.

"These are physiological facts from which there is no going back, and they answer the very seductive philosophy which the ignorant and unlettered young man of the present day puts faith in. There is no excuse, no requirement of nature, no overpowering necessity for the gratification of these human passions."

NORWEGIAN FACULTY OF MEDICINE, UNIVERSITY OF CHRISTIANIA, 1887.

"The assertion that a life of purity is hurtful to health is, according to our experience, unanimously expressed, completely false."

FIFTY-NINE PROFESSORS, PHYSICIANS, AND SURGEONS OF THE NEW YORK HOSPITALS, &c.

"In view of the widespread suffering, physical disease, deplorable hereditary results, and moral deterioration inseparable from unchaste living, the undersigned members of the medical profession in New York and its vicinity unite in declaring it as our opinion that chastity, a pure continent life for both sexes, is consonant with the best conditions of physical, mental, and moral health."

(III.) "That self-control is comparatively easy for those who have kept themselves pure in boyhood."

WILLIAM ACTON (THE LATE), M.R.C.S., *Surgeon to the Islington Dispensary, and formerly Externe to the Venereal Hospitals, Paris; F.R. Med. and Chir. Society.*

"My own opinion is, that where, as in the case with a large number, a young man's education has been properly watched, and his mind has not been debased by any vile practices, it is usually a comparatively easy task to be continent, and requires no great or extraordinary effort; and every year of voluntary chastity renders the task easier by the mere force of habit.

"Our object ought to be to preserve a pure and healthy mind in a pure and healthy body. Judiciously-directed training and exercise of *both* towards this definite object would, I am sure, in most cases, reduce the difficulty of living a chaste life to a minimum, and, indeed, render the conflict rather a proud and thankful sense of self-command than an arduous struggle."

SIR T. C. ALLBUTT, K.C.B., M.D. Camb., D.Sc., F.R.S., *Regius Professor of Physics, Camb.*

"No influence upon us, however slight or transcient, is annihilated, but produces in its degree a permanent effect. No impression, no stain upon the mind is lost, or *physically speaking*, washed out. From the moment that an unclean thought occupies the mind, that mind is so far altered, and for always:—an awful thought in any case, and only not terrible if we can trust that purer and wholesomer thoughts and actions are entering in greater proportion. Thus, whether in married or celibate life, **science gives its imperious sanction to purity of heart and clean habits of thought.** A young man who realizes this responsibility will no longer toy with lasciviousness, even in thought, or suppose that so long as he keeps physically straight he incurs no evil. An

instant and resolute expulsion from the mind of any unclean idea, however insidious or disguised, is scientific, as well as moral conduct: and he who creates thus such a habit, finds it easier and easier to keep it, until it is almost automatic. Such an one will not have to flatter himself that his passions are so strong that he cannot curb them; for their strength and set, depend on the accumulation of many and many a lascivious idea, indulged and forgotten."

LIONEL S. BEALE (THE LATE), F.R.S., F.R.C.P., *Professor of the Principles and Practice of Medicine in King's College, London.* "Our Morality and the Moral Question," p. 62.

"It will be found that, whether we look at it from a religious, a purely philosophical, or a scientific, or a rational standpoint, the acquirement of self-restraint is the beginning and end of all human endeavour in the interests of humanity. The earlier in life self-training begins to work, the better for the individual."

W. B. CARPENTER (THE LATE), M.D., F.R.S. "Human Physiology," p. 938.

"Nothing tends so much to increase the desire as the continual direction of the mind

towards the object of its gratification, whilst nothing so effectually represses it as a determined exercise of the mental faculties upon other objects, and the expenditure of nervous energy in other channels."

J. J. NASON, M.B. Lond., M.R.C.S. Eng., J.P., &c., *Surgeon to the Stratford-on-Avon Hospital and the Nursing Home and Children's Hospital.* Presidential Address at the Annual Meeting of the Birmingham and Midlands Branch of the Brit. Med. Assoc., 1884," p. 26.

"The habit of continence, early established, will make the practice of it in after years a comparatively easy thing; whereas the early and restrained indulgence of the passions will bring about such nervous irritation and constitutional unrest—not to mention great instability of purpose and diminished powers of self control—as will lead the unhappy sufferer to seek relief in unlawful and perilous expedients, which will, like dram-drinking, not only feed the disease they were intended to remove, but also in themselves become the parent of other ills far more difficult to bear than the salutary rule of self-restraint."

EDMUND A. PARKES (THE LATE), M.D., F.R.S., *Prof. of Military Hygiene in the Army Medical School, &c.* "Manual of Practical Hygiene." Fourth Edition, p. 467.

"It has been supposed by some that, in early manhood, continence is impossible, or if practised, is so at the risk of other habits being formed, which are more hurtful than sexual intercourse, with all its dangers. But this is surely an exaggeration; the development of this passion can be accelerated or delayed, excited or lowered, by various measures, and continence becomes not only possible, but easy."

T. S. CLOUSTON, M.D., *Lecturer to Students on Mental Diseases, Edinburgh University.*

"To say, as has been said, that self-control is often impossible, and that indulgence, real or imaginative, is good for the health in youth, is to say that nature has contradicted herself in this matter. Self-control is perfectly possible where there is no disease, and indulgence is infinitely more dangerous to health, bodily and mental, than self-control. The power of controlling the lower impulses in all directions is given to the higher inhibitory parts of the brain, and it can be strengthened by practice and cultivation. Such cultivation of all the higher controlling powers is a duty laid on all reasonable men. . . .

* * * * *

"If the best of mankind had not practised 'self-control' over lower desires, civilisation and a higher human life would have been impossible."

(IV.) **"That the cases quoted to show that vice is a necessity, only prove how imperious may become the claims of this, as of any other habit, when once men have become its slaves."**

WILLIAM ACTON (THE LATE), M.R.C.S., *Surgeon to the Islington Dispensary, and formerly Externe to the Venereal Hospital, Paris; F.R. Med. and Chir. Society.*

"It is a solemn truth, that the sovereignty of the will, or, in other words, the command of the man over himself and his outward circumstances, is a matter of habit. Every victory strengthens the victor."

F. LE GROS CLARK (THE LATE), F.R.S., *Consulting Surgeon of St. Thomas's Hospital, and late President of the Royal College of Surgeons.* Paper read before the C.E.P.S., p. 8.

"The passion may be strong, and the craving imperious, but this proves rather the slavery of the individual than the necessity of a body which is kept in subjection."

GEORGE COWELL, F.R.C.S. Eng., *Senior Surgeon of Westminster Hospital, Surgeon to the Royal Westminster Opthalmic Hospital, &c.* "Church Work," Feb., 1879, p. 350.

"Continence is quite possible and quite compatible with health, although, in obedience to the universal law of nature, continence becomes very difficult when the body has become accustomed to incontinence; but even then I believe it is neither impossible nor injurious to health."

A. M. EDGE, M.D., B.Sc., M.R.C.P., Lond., M.R.C.S. Eng., *Physician to the Salford Royal Hospital and to the Manchester Southern Hospital.* "Self-Control," p. 14.

"It is a great mistake for a young man to . . . . give way to habits of fornication. He will find that the more he yields to his passions, the more imperious will they become, until they have to be gratified at any cost, and he will have to sacrifice, one by one, all his pure and noble ambitions, all his innocent pleasures, for the sake of this one overpowering lust."

SIR ANDREW CLARK, Bart. (THE LATE), M.D., F.R.S., F.R.C.S., &c. Lecture at Oxford University.

"Continence does no harm, does not interfere with development, elevates the whole nature, increases energy and sharpens

insight. Incontinence is not necessary, weakens self-denial, establishes habits of indulgence, dulls and lowers the whole nature, and exposes to disease which may be handed down to generations. To say that fornication is necessary to the health of young men is not only an error, but a cruelty; not only wrong but mischievous. There is difficulty, trial, and distress, but no injury in continence, and from successful resistance the highest good."

SIR W. R. GOWERS, M.D., F.R.S. Lecture to the Medical Society of London, 1889.

"Strange is it to think that this malady (syphilis) rivalled in its total capacity for wrecking human happiness, and health, and life by no other . . is formidable by reason of our limited power over it. There is but one way by which it can be prevented, a method not only possible, but sure, and open to all. It is the certain prevention secured by unbroken chastity. . . The opinions which on grounds falsely called 'physiological' suggest or permit unchastity are terribly prevalent among young men, but they are absolutely false. They rest only on sensory illusions, and are illustrations of a maxim I have often to impress on sufferers of various kinds, 'There are no liars like our

own sensations.' With all the force that any knowledge I possess, and any authority I have, can give, I assert that this belief is contrary to fact. I assert that no man ever yet was in the slightest degree or way the worse for continence or better for incontinence. From incontinence during unmarried life, all are worse morally; a clear majority are, in the end, worse physically; and in no small number the result is, and ever will be, utter physical shipwreck on one of the many rocks, sharp, jagged-edged, which beset the way, or on one of the many banks of festering slime which no care can possibly avoid. They are rocks which tear and rend the unhappy being who is driven against them, when he has yielded to the tide of passion; they are banks which exhale a poison for which no true antidote exists."

T. S. CLOUSTON, M.D., Lecturer on Mental Diseases, Edinburgh University.

The persistent non-practice of self-control, not only in deed, but in thought and feeling, often results in trains of thoughts so morbidly strong that they come to dominate the mind, and cannot be beaten off . . . . Such a state of mind and feeling leads to perverted sexual practices sometimes, and in other cases such perverted practices cause

this morbid state of mind. In regard to such practices science is absolute and stern in its condemnation. Nothing but evil consequences result to body and mind from them. The perversion of any natural function is followed as surely by future pain and misery as putting the hand into the fire is.

* * * * *

"In this age, with its hurry and competition in all walks of life, young men who want to hold their own need a surplus stock of energy, an abundant 'staying power,' and a careful husbanding of their vital resources. They need to order their lives so as to obviate any predisposition to break down anywhere, and to guard their weak points. Physiologists, parents, and teachers have discovered that there is no such adjunct to sexual self-control in youth as outdoor games. Through them the procreative energy is transformed into muscular force, just as motion is transformed into electricity in a dynamo. The mental and moral effects of sexual indulgence are evil in many special ways, and as is the case in regard to all practices that go contrary to her laws, nature exacts many special penalties. In this case the first, and one of the worst, effects is, that self-control, which was comparatively easy

before, is rendered ten times more difficult; an unnatural desire is set up; the active, imaginative force of the period of life becomes unrestrained, and almost unrestrainable in some cases; morbid longings are experienced; tainted hues are given to previously and naturally harmless subjects; social intercourse between the sexes of the innocent and natural sort—healthful because natural—is apt to be poisoned.

* * * * *

"The youth whose ideal of womanhood has been formed on that of his mother and his sister is almost safe against his lower passions, for he instinctively recoils against lust as a dishonour to them."

W. H. A. JACOBSON, M.A., Oxon., *Fellow and Member of Examination Board, Royal College of Surgeons, England; Surgeon, Guy's Hospital, and Consulting Surgeon, Royal Hospital for Children and Women.*

"In many cases the struggle to keep down the sexual fires is attended at first with real distress. . . . . Young men in all the early prime of life often suffer really keen distress, and we medical men cannot be surprised that . . . . they are found to declare that, after facing for a while these struggles, they have yielded, and that sexual intercourse has done them good, both in bodily and mental power. The fallacies here

are obvious, the answer ready to hand, though there are many to whom it is a waste of time to point out the one or to make the other. The trial is usually made needlessly harder because it is faced, not fled from.

"Of those who win their way to strict continence during their unmarried life, a few do so because they can command their thoughts by a strong effort of will, and can determinately apply their minds to other subjects, but the majority win their way out of the distress by remembering that this is the only warfare where victory is won by flight.

"Those who come complaining of the restlessness and irritability produced by continence, and hope that the medical man will prescribe the remedy which they desire, are more eager to find an excuse in the sternness of the struggle to justify their indulging their sexual desires, than they are earnest in endeavouring to control them. Such, before they yield, their medical adviser should earnestly urge to make a trial of rational treatment. Better than anyone else, he can explain how it is that it is the half-continent who are subject to this constant irritability of the sexual organs, and that it is they who, from unshunned excitement, must suffer from an excess of seminal secretions and its results.

"On the other hand, it is the strictly continent men who keep themselves healthily occupied in mind and body, men who, when attacked by imperious sexual desire, simply sally out, and seek in exercise a change of surroundings; to such as these the secretion of semen is soon only sufficient to be easily got rid of by an involuntary emission during sleep once or twice a month, a state of things which is perfectly natural."

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